

Basic Report 01131, Egg, whole, cooked, poached

Report Date: January 29, 2015 03:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 large 50g
Proximates			
Water	g	75.85	37.92
Energy	kcal	143	72
Protein	g	12.51	6.26
Total lipid (fat)	g	9.47	4.74
Carbohydrate, by difference	g	0.71	0.36
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.37	0.18
Minerals			
Calcium, Ca	mg	56	28
Iron, Fe	mg	1.75	0.88
Magnesium, Mg	mg	12	6
Phosphorus, P	mg	197	98
Potassium, K	mg	138	69
Sodium, Na	mg	297	148
Zinc, Zn	mg	1.29	0.64
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.032	0.016
Riboflavin	mg	0.387	0.194
Niacin	mg	0.063	0.032
Vitamin B-6	mg	0.144	0.072
Folate, DFE	µg	35	18
Vitamin B-12	µg	0.71	0.36
Vitamin A, RAE	µg	160	80
Vitamin A, IU	IU	538	269
Vitamin E (alpha-tocopherol)	mg	1.04	0.52

Nutrient	Unit	1 Value Per100 g	1 large 50g
Vitamin D (D2 + D3)	µg	2.0	1.0
Vitamin D	IU	82	41
Vitamin K (phylloquinone)	µg	0.3	0.2
Lipids			
Fatty acids, total saturated	g	3.113	1.556
Fatty acids, total monounsaturated	g	3.643	1.821
Fatty acids, total polyunsaturated	g	1.904	0.952
Cholesterol	mg	370	185
Other			
Caffeine	mg	0	0